

Center for Athletic Medicine
Dr. Preston Wolin
Rotator Cuff Repair (Type II) Protocol
Medium to Large Tears – Greater than 1cm, less than 5cm
Supraspinatus and/or Infraspinatus

~Please call 773.248.4150 with any and all questions~

I. Phase I - Immediate Post-Surgical Phase (Day 1-10)

Goals: Maintain Integrity of the Repair

Gradually Increase Passive Range of Motion

Diminish Pain and Inflammation

Prevent Muscular Inhibition

Day One to Ten:

- Sling or Slight Abduction Brace **Physician Decision
- Pendulum Exercises 4-8x daily (flexion, circles)
- Passive ROM
 - Flexion to tolerance
 - ER @90 degrees abd to 90 degrees
 - IR @90 degrees abd to 30 degrees
- Elbow/Hand Gripping & ROM Exercises
- Submaximal Painfree Isometrics
 - Flexion with Bent Elbow
 - Abduction with Bent Elbow
 - Extension with Bent Elbow
 - External Rotation
 - Internal Rotation
 - Elbow Flexors
- Cryotherapy for Pain and Inflammation
 - Ice 15-20 minutes every hour
- Sleeping
 - Sleep in Sling or Brace until Physician Instructs

Precautions:

1. No Lifting of Objects
2. No Excessive Shoulder Extension
3. No Excessive Stretching or Sudden Movements
4. No Supporting of Body Weight by Hands
5. Keep Incision Clean & Dry

II. Phase II - Protection Phase (Day 11 – Week 6)

Goals: Allow Healing of Soft Tissue

Do Not Overstress Healing Tissue

Gradually Restore Full Passive ROM By **Week 6**

Re-Establish Dynamic Shoulder Stability

Decrease Pain & Inflammation

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Day 11 – 14:

- Discontinue Use of Sling or Brace
- Continue Passive Range of Motion to Tolerance
 - Full Flexion
 - ER at 90 degrees abduction to 90 degrees
 - IR at 90 degrees abduction to 30 degrees
 - Active Assisted ROM to Tolerance
 - Flexion
 - ER/IR in Scapular Plane
 - ER/IR at 90 degrees Abduction
- Dynamic Stabilization Drills
 - Rhythmic Stabilization Drills
 - ER/IR in Scapular Plane
 - Flexion/Extension at 100 degrees Flexion
- Continue All Isometric Contractions
- Continue Use of Cryotherapy as needed
- Continue All Precautions

Week 4:

- Patient should be progressing to or exhibit full passive range of motion
- Continue all exercises listed above
- Initiate AROM
- Initiate Manual Resistance ER Supine in Scapular Plane
- Initiate Prone Rowing to Neutral arm Position
- Initiate Isotonic Elbow Flexion
- Continue use of ice as needed
- May use heat prior to ROM exercises

Week 5 – 6:

- Full PROM achieved by 6 weeks (IR @90 degrees ABD still limited to 30 degrees)
- May use heat prior to exercises
- Continue AAROM and Stretching exercises
- Continue Active ROM Exercises
 - Shoulder Flexion Scapular Plane
 - Shoulder Abduction
 - Sidelying ER

Precautions:

1. No Lifting
2. No excessive behind the back movements
3. No Supporting of Body Weight by Hands & Arms
4. No Sudden Jerking Motions

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III. Phase III – Intermediate Phase (Week 7-14)

Goals: Full Active ROM (Week 10-12)

Maintain Full Passive ROM

Dynamic Shoulder Stability

Gradual Restoration of Shoulder Strength & Power

Gradual Return to Functional Activities

Week 10:

- Initiate IR @90 degrees ABD stretching beyond 30 degrees
- Initiate Resistance and strengthening
- Continue Stretching & PROM (as needed to maintain full ROM)
- Continue Dynamic Stabilization Drills
- Progress Isotonic/ Tubing Strengthening Program
 - ER/IR Tubing
 - ER Sidelying
 - Lateral Raises* (Active ROM Only)
- Full Can in Scapular Plane* (Active ROM Only)
- Prone rowing
- Prone Horizontal Abduction
- Elbow Flexion /bicep curls
- Elbow Extension

*Patient must be able to elevate arm without shoulder or scapular hiking before initiating isotonics; if unable, continue glenohumeral dynamic stabilization exercises.

Week 14:

- Continue all exercise listed above
- If physician permits, may initiate Light functional activities
- Progress to Independent Home Exercise Program (Fundamental Shoulder Exercises)

IV. Phase IV – Advanced Strengthening Phase (Week 15 - 22)

Goals: Maintain Full Non-Painful ROM

Enhance Functional Use of UE

Improve Muscular Strengthen & Power

Gradual Return to Functional Activities

- Continue ROM & Stretching to maintain full ROM
- Self Capsular Stretches
- Progress Shoulder Strengthening Exercises
- Fundamental Shoulder Exercises

Week 20:

- Continue all exercises listed above
- Progress Golf/Tennis program (if appropriate)
- Continue to Perform ROM Stretching, if motion is not complete

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V. Phase V – Return to Activity Phase (Week 23 - 30)

Goals: Gradual Return to Strenuous Work Activities

Gradual Return to Recreational Sport Activities

Week 23:

- Continue Fundamental Shoulder Exercise Program (at least 4 times weekly)
- Continue Stretching, if motion is tight

*****If a patient is not progressing, please call the office for recommendations*****